

DINNERLY



Low-Cal Malaysian Chicken Tenders with Creamy Coconut Cauliflower



35 minutes



2 Servings

While it may look like chicken and mash, this low-cal dinner has great punchy flavour. Think pan-cooked chicken coated in Malaysian curry spices paired with creamy, coconutty cauliflower puree.

WHAT WE SEND

- 250g cauliflower
- 2 chicken-style stock cubes
- 200ml coconut milk
- 1 spring onion
- 5g Malaysian mild curry powder
- free-range chicken tenderloins

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 garlic clove
- 125ml (½ cup) boiling water
- 1 tbs vegetable oil

TOOLS

- medium saucepan with lid
- medium frypan
- stick blender or food processor

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

May contain traces of allergenic ingredients.

NUTRITION PER SERVING

Energy 465kcal, Fat 28.1g, Carbs 8.2g, Proteins 38.2g



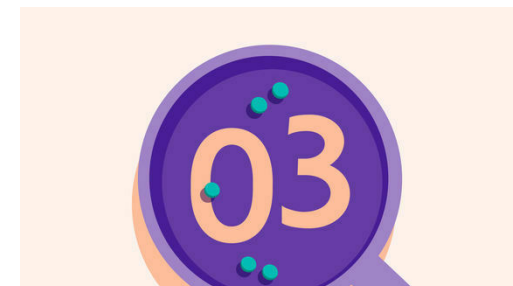
1. Prep ingredients

Cut the **cauliflower** into small florets. Crush or finely chop **1 garlic clove**. Crumble **1 stock cube*** into a heatproof jug, add **125ml (½ cup) boiling water** and stir to dissolve.



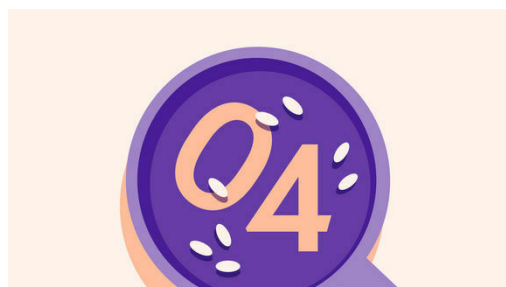
2. Cook creamy cauliflower

Put the **cauliflower, garlic, coconut milk** and **stock** in a medium saucepan and bring to the boil. Reduce the heat to low and cook, covered, for 20 mins or until the cauliflower is tender. Remove the pan from the heat.



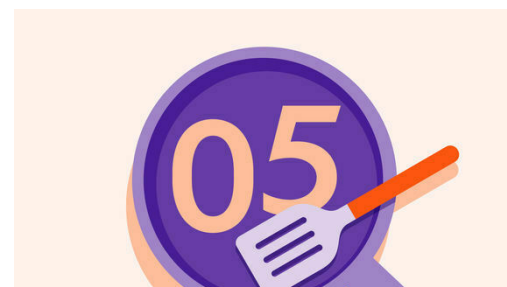
3. Marinate chicken

Meanwhile, thinly slice the **spring onion** on an angle. Put the **curry powder** and **2 tsp vegetable oil** in a large bowl, season with **salt** and stir to combine. Add the **chicken** and turn to coat.



4. Pan-fry chicken

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan.



5. Blend and serve up

Blend the **cauliflower mixture** with a stick blender or food processor (see Kitchen hack) until smooth. Taste, then season with **salt and pepper**. Divide the **creamy cauliflower** and **chicken** among bowls. Drizzle with any pan juices, scatter over the **spring onion** and enjoy!



6. Kitchen hack

If you don't have a stick blender or food processor, simply mash the cauliflower with a potato masher. The result won't be as smooth, but it will be just as delicious!